

BLUEGRASS MARTIAL ARTS

LOUISVILLE CHRISTIAN MARTIAL ARTS ACADEMY



KENPO KARATE

**THE SCHOLAR AND THE WARRIOR
WISDOM AND ACTION**

**CONFIDENCE, DISCIPLINE, LEADERSHIP
BECOME YOUR OWN SUPERHERO**

1st Dan Black Belt Manual

ABOUT KENPO KARATE

"I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong; then here are my weapons, Karate, my empty hands."
-Ed Parker

Kenpo Karate is a self-defense system characterized by fast explosions of multiple strikes delivered to multiple targets. Kenpo Karate does not so much teach a set of standard responses to a set of limited scenarios, but rather teaches a set of principles that can be applied in any situation.

A simple translation of Kenpo Karate would be "Law of the Fist and Empty Hand". Kenpo Karate is a comprehensive system of modern self-defense. It is a deliberate and scientific take on modern self-defense.

Kenpo utilizes striking combinations and Jujutsu to control an attacker. Kenpo Karate as taught at Bluegrass Martial Arts is an adjusted version of the American and Traditional Kenpo Systems. There is greater emphasis on restraining an opponent, and targets are adjusted to be appropriate for a family friendly setting

This system of martial art has no eastern religious truth claims or faith practices. It is a complete system of self-defense that is coherent with the Christian worldview. If you are wishing to study martial arts, but you do not want exposure to non-Christian ideas, the Bluegrass Martial Arts Academy will be right for you.

We encourage Wisdom through disciplined Bible study and Action through a personal active ministry to the world. Bluegrass Martial Arts is dedicated to produce Agents that are equipped to protect the Sanctity of Life of everyone, and represent a Community set apart within a lost world.

GOOD WORK

Congratulations! You are now a 1st kyu Brown Belt. You have worked hard, and that is evident in your new belt. You have arrived at the first Dan level. Now your training begins! I hope your excitement and hard work will carry over again into this next challenge of 1st Black belt. I also hope this is the beginning and not the end of your advanced studies in the Martial Arts. All too often people make the Black Belt their goal and stop when the best training is just beginning! Don't make any belt your final goal, you may miss the best part.

You will find this level a greater challenge. The basics are harder. The forms are more complex. The application of each technique becomes more advanced, and the study of extensions will greatly increase the content expected at this stage.

You may feel like you have regressed to the beginning all over again. Do not get frustrated. Each level by design challenges your ability a step further than the last. You may not feel like you have improved since your first class, trust me, you have. The new belt you wear proves this beyond any doubt. Enjoy the new challenge of a new belt level, and with time, you will be able to see how much improvement you have really made.

Welcome to the beginning of your journey toward 1st Brown belt.

ABOUT THIS LEVEL

Completion of the tenth level of Kenpo Karate is rewarded with the advancement to 1st Degree Black belt, Shodan. The material in this level will further build on the skills of earlier levels such as form, speed, power, breath control, baiting, focus, kyusho, and Zanshin. The new area of study will be timing

Physical Focus

Timing is hitting without being hit. Timing, it is said, is everything. Opportunity such as getting the right job, or meeting that right person, the one you spend the rest of your life with, has much to do with timing. I can speak from experience as to how important timing is when it comes to romantic relationships.

The last girl I ever dated, and no there were not very many, but we were both in college, and I was about to graduate. She still had two years to finish, but I was beginning to think in terms of what happens next? Start saving for an engagement ring? I was ready, and I was also ok to wait another two years for her to finish college first.

She was not on that page. She was not ready to be making those decisions yet, and she didn't plan to be ready in the near future either. As it turned out it was another six years before she began thinking along those lines. She was kind enough to cut me loose, as difficult as that was at the time, because the timing for us just wasn't right.

As timing would later determine, I had a friend, home from graduating college also, who had left her last boyfriend in another town because of the timing being wrong in that relationship also. We had known each other already nine years, having met our first day of high school.

As you can guess, our timing matched, along with all the other factors that have to be compatible when a courtship begins, and we

were married before a year had passed. Timing is essential for much of the most important decisions we make.

Sun Tzu, writing his "Art of War" in the time of China's Zhou dynasty, spoke of when it is advantageous to strike at the enemy, and when it is advantageous to wait. On a smaller scale, seizing the opportune moment in which to strike the adversary, or, consequently, stopping your opponent's attempts to strike, is an integral part of any martial art.

For our purpose of the study of timing in 1st brown, we will consider timing as the relationship between an attack, and the means of defense and counter attack. How is the block or parry or body movement, best used defensively, and how does that relate to the follow counter attack?

The most common timing works in three counts. The opponent attacks, count one. That attack is processed and then responded to with a block, parry, or by dodging altogether, count two. Then after the defense is successful there is a follow up counter attack to stop the aggressor.

The exchange above may happen in a second of time, but it still took three counts.

Even better is if the defense can be paired with the counter attack to happen simultaneously as one count. Now there are only two counts to the exchange. The opponent still attacks first, but as that first count is processed it is answered with one count. In one move both the defense and counter attack happen together.

Still better than two counts is if the exchange can all occur in one. This takes a good amount of reading your opponent well enough to predict, or draw out a specific attack. In the same instant they attack, you counter attack and skip the defensive step, or block as you counter, or your counter acts as a block, or you dodge and hit at the same time. However you accomplish the one count

exchange, if you do it successfully the opponent will be hit before they can process what is taking place.

The Shodan level is also the first level that includes extensions. Along with the requirements and challenge of the techniques and forms in the 1st Black Belt level comes the new challenge of revisiting every technique from the Yellow, Orange, and Purple Belt levels. Each of these 50 techniques have two extensions that complete the full technique. That's right! Up to now you have only learned the first half! Each technique has both a Jiu Jitsu and a Karate follow up that completes the technique you already know. The 1st Black belt student is authorized to teach the Yellow, Orange, and Purple belt levels with little to no oversight, because they have just revisited all that material learning each extension.

Timing is the element the 1st Degree Black Belt should begin to experiment with. This level and each Dan level from this point on will also require the student to perform all forms up to and including this level. That's right! Hope you didn't forget them. All five Heian Forms, all five Kung Fu Forms are part of every test from now on.

In addition to the forms of earlier levels, (not the Sets, just the Forms, for now), Shodan includes Finger Set 2, Bassai, and Long Form 6. Shodans must be able to execute the basics with improved skill. Finger Set 2 should be executed by memory. They must know Bassai, and Long Form 6. Most importantly, the 20 techniques of 1st Black, and the extensions of Yellow, Orange, and Purple should be executed successfully from memory, and the student should be prepared to display the technique on a partner, or in open space with no Uke.

The student should not become distracted or frustrated that they are not capable of performing at a mastery level. Studying any level of Kenpo Karate should be an affirming and enjoyable process.

TECHNIQUES

1) JAPANESE HANDS URA

Attack – right direct lapel grab, left cross punch

1. left hand direct pins Uke's right hand, left retreat step to 7:30 into right neutral bow facing 1:30, right upward whipping backfist behind Uke's left elbow
2. right step to 6:00 into left forward bow facing 12:00, left hand hooks Uke's right hand grasping the thumb side, right hand cross grabs your own lapel
2. pivot clockwise into left neutral bow, left hand torque Uke's right wrist with outward wrist lock, right hand pull lapel out of Uke's grip
3. right step to 12:00 into ready stance, right hand grab Uke's hand grasping the weak side, lift and twist arm counterclockwise for outward wristlock
3. pivot counterclockwise with left retreat step to 6:00 into right neutral bow, drop Uke's right arm and throw him backward with outward wristlock takedown

Uke counters with backward roll

4. left advance to 1:30, right retreat step to 7:30 (back to front switch) into left neutral bow facing 1:30, twist Uke's right arm clockwise and throw him forward with inward wristlock takedown
5. pivot clockwise with right step to 10:30 into left forward bow facing 4:30, right and left arms stretch Uke's right arm straight across your right knee applying pressure to Uke's elbow pinning Uke on his front (standing straight arm inward knee lever)

2) JAPANESE HANDS OMOTE

Attack – right direct lapel grab, left cross punch

1. left hand direct pins Uke's right hand, left retreat step to 7:30 into right neutral bow facing 1:30, right upward whipping backfist behind Uke's left elbow
2. right step to 12:00 into right neutral bow facing 12:00, right hand cross grabs Uke's right hand grasping the weak side, left hand direct grabs your own lapel

2. pivot clockwise into right forward bow, right hand torque Uke's right wrist with horizontal z lock, left hand pull lapel out of Uke's grip

3. left step to 12:00 into ready stance, left hand grab Uke's hand grasping the thumb side, lift and twist arm clockwise for inward wristlock

3. pivot clockwise with right retreat step to 6:00 into left neutral bow, drop Uke's right arm and throw him forward with inward wristlock takedown

Uke counters with forward roll

4. right advance to 10:30, left retreat step to 4:30 (back to front switch) into right neutral bow facing 10:30, twist Uke's right arm counterclockwise and throw him backward with outward wristlock takedown

5. pivot counterclockwise with left step to 1:30 into right forward bow facing 7:30, right and left arms stretch Uke's right arm straight across your right knee applying pressure to Uke's elbow pinning Uke on his back (standing straight arm outward knee lever)

3) TAMING THE MACE

Attack – right step through punch, backed against a wall

1. left advance step to 10:30 into left forward bow, left inward parry Uke's punch, right inward smother to Uke's right elbow to bend his right arm followed by right cross outward whipping backfist to Uke's right side temple

2. right grab behind Uke's neck, left direct grab Uke's right wrist and lift his arm vertically, right snapping knee to Uke's abdomen

3. right plant back to 6:00 and pivot clockwise into right neutral bow facing 6:00, pull Uke forward into the wall with big reversal pull

4. pivot counterclockwise into a left neutral bow facing 10:30, both hands swing Uke's right arm from his front to his back in a large circle

4. right step behind to check Uke's right leg, then drop to left close kneel pulling Uke down backward (arm drag to rear balance point)

5. bend Uke's right arm up at the elbow and thread right arm around his forearm and grab Uke's right wrist palm down
5. left adjust to grab Uke's right wrist palm down and pivot counterclockwise pressing Uke's right elbow in while pulling down on his wrist (bent arm lever)
6. drive right elbow into Uke's right side rib cage supporting your weight and pinning him on his back (can opener)

4) CHINESE FAN

Attack – high centerline knife thrust

1. left retreat step to 6:00 into right cat stance, right inward parry followed by left cross vertical outward block Uke's right arm (windmill block)
2. left extended outward grab Uke's right hand, right snapping front kick Uke's groin
3. right plant to 12:00 into right neutral bow, right inward hooking middle knuckle rake Uke's right elbow (this should cause him to drop the knife)
4. right inward hooking parry and pivot clockwise into right cat stance as both arms pass Uke's right arm in a counterclockwise circle down and to your right side
4. left hand cross reach over to grab Uke's right wrist thumb side, right hand grab weak side and pivot counterclockwise with outward wrist lock
5. right outward strip disarm if Uke still has the knife
6. right cross grab Uke's right wrist, left hand twist Uke's wrist for outward wrist lock, right counter twist other direction
6. stretch Uke's right hand toward 6:00 to take him down backwards with small circle outward wrist lock
7. pivot counterclockwise with left step to 12:00 into right neutral bow facing 6:00, right and left arms stretch Uke's right arm straight across your right knee applying pressure to Uke's elbow pinning Uke on his back (standing straight arm outward knee lever)

5) CHOPPING THE LOG

Attack – *right roundhouse kick*

1. left retreat step to 4:30 into right side neutral bow facing 10:30, left cross downward outward block, right inward block Uke's kick (universal block)
3. left arm hook to vertical outward block position trapping Uke's right ankle in the bend of your elbow, right forearm smother into the back of Uke's knee
3. right hand push down on Uke's right knee while holding his right foot up in the bend of your left arm, Uke will be pulled forward and forced to turn counterclockwise to face 12:00
4. left inward crescent over Uke's right leg and drop onto your right knee into a left kneeling stance facing 12:00, Uke will fall toward 12:00 on his front (bent leg turn)
5. pivot counterclockwise pinning your left shin into the back of Uke's right knee, right step to 12:00 into right kneeling stance facing 12:00, keep Uke's right foot pointed with his instep pressed against your abdomen
5. rock your weight forward and keep Uke's right foot pointed against your abdomen to pin Uke to his front (kneeling leg figure four calf slicer)

6) GRASPING EAGLES

Attack – *Multiple Attackers: front right step through punch, rear right two-hand wrist grab*

1. left thrusting inward block front attacker's (attacker A) right arm, right downward outward hammerfist rear attacker's (attacker B) groin, right step through snapping front kick attacker A's groin
2. right foot plant to 12:00 into right forward bow, right thrusting palm strike attacker A's chin, left downward outward hammering heel palm strike attacker B's groin
3. left thrusting front kick attacker A's abdomen
4. left foot plant back with replacement step for right thrusting back kick attacker B's abdomen
5. right plant to 12:00 into right neutral bow, left arm grab attacker A's right arm and lift clockwise to lock his shoulder vertically, right grab behind attack A's neck

5. left advance step into left neutral bow pinning attacker A's left leg, then pivot clockwise to face 6:00 in right neutral bow, press his right arm forward toward his left shoulder
5. throw attacker A forward toward attacker B on to his back (big reversal throw)
6. backward rolling cover out to 12:00

7) THE LION

Attack – *front two hand choke*

1. drop chin to chest to protect throat, left downward crane hand to clear Uke's right arm, right upward grab (palm up, facing you) to clear Uke's left arm, right front scoop kick Uke's groin
2. right snapping side kick Uke's left knee, right inward downward sword hand Uke's neck
3. right plant to 12:00 into right forward bow, left cross inward horizontal elbow Uke's chin, right hand pulls Uke into elbow strike
4. left cross reach behind left side of Uke's neck and pull him forward, left thrusting knee Uke's abdomen
5. left plant back to 6:00 into right neutral bow facing 12:00, right upward snapping forearm Uke's chin, left direct grab Uke's right arm
6. right cross under hook Uke's right arm
7. pivot counterclockwise and drop onto left knee into right kneeling stance facing 6:00, while holding Uke's right arm, pull Uke's forward by his right arm
8. pivot counterclockwise shifting onto right knee also into kneeling position (shizen) facing 6:00, slip under Uke's center of balance and bend forward to pull him forward over your shoulder, Uke will fall forward onto his back (kneeling shoulder flip)
9. raise left knee into left kneeling stance facing 6:00, left arm circle counterclockwise to wrap around Uke's right elbow and arch your back to pin Uke on his side (kneeling snaking straight arm lever)

8) TWISTED ROD

Attack – pistol hold up, high right side

1. left advance step to 12:00 into left right neutral bow, right cross outward hooking parry Uke's right arm redirecting his aim, left grab pistol (grab the back of pistol if it is a semi-automatic, grab the center of the pistol if it is a revolver, this should stop the hammer from firing)
2. right advance step to 12:00 into right neutral bow, turn Uke's right wrist counterclockwise for outward wrist lock take down
4. pivot counterclockwise with left step to 12:00 into right neutral bow facing 6:00, right and left arms stretch Uke's right arm straight across your right knee applying pressure to Uke's elbow pinning Uke on his back (standing straight arm outward knee lever)
5. right grab Pistol barrel and strip it from Uke's hand, then right reach under your left arm to cross hook Uke's right wrist with the barrel (left holds Uke's right wrist the whole time)
6. pivot clockwise with left step to 6:00 and right step to 12:00 into left forward bow facing 12:00 (front to back switch), pass Uke's right arm to inward lever on the left shin as he is rolled over and pinned face down (standing straight arm inward knee lever) – be sure to keep the gun pointed at Uke as you turn him face down
7. full cover out to 9:00 and keep the pistol pointed at Uke

9) DOMINATING CIRCLES

Attack – front shoulder grab, right hand to right shoulder

1. left pin Uke's right hand, right advance step to 1:30 into horse stance behind Uke's right leg, right overhead outward downward elbow strike to break Uke's grip
2. right outward reaping leg sweep Uke's right leg toward 6:00, right thrusting palm strike Uke's chin - fingers point outward
3. right front cross step to 12:00 into right front twist stance, left outward hammering sword hand Uke's throat, right extended outward grab Uke's right wrist
4. left step to 12:00 and pivot clockwise to right neutral bow facing 6:00 behind Uke, left hand turn Uke by his chin counterclockwise

to face 12:00, right hand pull Uke's right arm around behind him into hammerlock

5. right holds reverse grip at Uke's wrist (palm down), left hand slip under Uke's right elbow to grab your right forearm palm down to assist hammerlock, right step to 12:00 and drop onto right knee into left kneeling stance facing 6:00 pulling Uke down forward

6. pivot clockwise and drop onto left knee into right kneeling stance facing 12:00 pinning Uke down forward

10) THE RAM AND THE EAGLE

Attack – Multiple Attackers: front right step through punch, rear left grab to right shoulder

1. right retreat step to 6:00 into left neutral bow, left thrusting inward block front attacker's punch (Attacker A), right hand outward hammering backfist rear attacker's eye (Attacker B) and chambers high above head

2. right advance step to 10:30 into right neutral bow, right inward downward raking hammerfist strike attacker A's nose, left hand cross checks high

3. pivot counterclockwise to face 6:00 (Attacker B) in left neutral, left spinning outward hammering backfist attacker A's ribs, right hand cross checks high – you should be standing to his right side

4. right step through snapping front kick attacker B's groin

5. right plant to 6:00 into right neutral bow facing 6:00, right outward hammering hand sword to attacker B's neck, left hand chambers

6. pivot clockwise to right forward bow, left cross thrusting palm strike to attacker B's chin, right hand chambers

7. pivot counterclockwise to right neutral bow, right thrusting palm up uppercut to attacker B's abdomen, left hand cross covers high horizontally

8. right arm circles counterclockwise to hook under attacker B's left arm and lift arm at the elbow, left direct grab behind his head, right advance step to 12:00 between his legs into right neutral bow blocking his left leg

9. right downward vertical elbow to attacker B's back, pivot counterclockwise to face 6:00 in left forward bow, left hand pull him forward by his neck
9. throw attacker B into attacker A forward over his pinned leg on to his back (forward projection throw)
10. pivot counterclockwise with left step to 6:00 into left forward bow facing 6:00, then forward rolling cover toward 6:00

11) BREAKING THE STAVES

Attack – rear bear hug, arms pinned

1. right hand pin Uke's arms, right step to 3:00 into horse stance facing 12:00, left rear thrusting elbow Uke's abdomen
2. left downward hammerfist Uke's groin
3. pivot counterclockwise to face 9:00 in left cat stance, left upward vertical obscure elbow to Uke's chin, right hand forces Uke's hold open
4. pivot counterclockwise with right step to 12:00 into left neutral bow facing 6:00, left rolling outward hammering backfist Uke's temple, right hand chambers
5. pivot counterclockwise into left forward bow facing 6:00, right cross thrusting palm strike Uke's chin, left hand chambers
6. left thrusting punch Uke's chin, right snapping front kick Uke's abdomen, right hand chambers
7. right plant to 6:00 into right neutral bow, left extended outward grab Uke's right wrist and chamber and chamber, right thrusting vertical uppercut Uke's ribs
8. right hand circles clockwise behind right side of Uke's neck and pulls Uke forward – guide Uke's head to pass under his right arm (half nelson take down)
8. Uke will fall forward on his back, right retreat push drag step to 12:00 to create space for Uke to fall to his back
9. left leg swing around Uke's arm to plant to 6:00 and slide back against Uke's chin, right shin press into Uke's back, both arm pull up on Uke's arm rolling him onto his side
10. right step to 9:00 and drop onto left knee into right kneeling stance facing 9:00 sitting on Uke's right elbow, both hands pull up

on Uke's right wrist pinning him down forward (kneeling upward arm bar)

12) ENTWINED LANCE

Attack – *high centerline knife thrust*

1. left front cross advance step to 12:00 into left front twist stance, right inward block, left vertical outward hooking parry and extended outward grab Uke's right wrist
2. right advance step to 12:00 into right neutral bow, right thrusting palm strike Uke's chin
3. right front cross step to 6:00 into a right front twist stance sweeping Uke's right foot forward (keep right hand pressed at Uke's chin)
4. right snapping side kick Uke's right knee
5. right foot plant to 12:00 into right neutral bow, right outward whipping backfist to Uke's right side temple, left hand grabs Uke's right wrist
6. right grab Uke's hand weak side, left inverted cross grab Uke's right wrist, right upward flapping elbow to Uke's chin
7. pivot clockwise with right step to 6:00 into left neutral bow, twist arm clockwise for inward wristlock, left counter twist other direction
7. pivot clockwise to take Uke down forward with small circle inward wrist lock
8. pivot clockwise with left step to 6:00 then right step to 12:00 into left neutral bow facing 6:00 still holding Uke's right wrist
8. right and left arms stretch Uke's right arm straight across your left knee applying pressure to Uke's elbow pinning Uke on his front (standing straight arm inward knee lever)
9. right prying disarm Uke's knife

13) OBSCURE WING

Attack – *right side shoulder grab*

1. left cross pin Uke's right hand, right side step to 3:00 into a side horse stance, right thrusting rear elbow to Uke's abdomen
2. right downward vertical hammerfist to Uke's groin
3. right upward vertical obscure elbow to Uke's chin

4. right leg sweep back toward 6:00 to buckle Uke's left leg backward, right upward snapping forearm Uke's chin
5. right arm reach around right side of Uke's neck and grab behind his head and pull his head down forward, right upward knee Uke's nose
6. right plant down and pivot counterclockwise with left step to 6:00 into right neutral bow, pull his head forward over your shoulder, Uke will fall forward onto his back (forward neck crank flip)
7. left front cross toward 12:00 and leap off the right toward 12:00, land on the left foot with right downward looping roundhouse to Uke's abdomen
8. right front cross plant to 6:00 and cover out to 6:00

14) HOOKING EAGLE

Attack – right step through thrusting front kick

1. right retreat step to 4:30 into left neutral bow facing 10:30, left outward downward block Uke's kick and circle clockwise to hook under Uke's right foot catching his leg, right hand covers low
2. right advance step to 12:00 into right neutral bow, right thrusting palm strike Uke's chin
3. right direct grab Uke's lapel, pivot counterclockwise into right reverse bow spinning Uke toward 6:00
4. left replacement step, right outward reaping canted side kick to the back of Uke's left leg to throw Uke to his back, left hand still holds Uke's right leg
5. left hand release Uke's right leg, right arm clockwise wrap Uke's left leg for snaking ankle choke, left side step onto Uke's right leg pinning his right leg down
6. left step over Uke then flex knees and drop down by sitting backwards onto the ground, clasp palms, arch back and squeeze Uke's left ankle pinning Uke to his back (mounted reclining snaking ankle choke)

15) BENDING THE STAFF

Attack – right step through punch

1. left side step to 9:00 into right reverse bow facing 3:00, left inward parry followed by right extended outward block and grab Uke's right wrist
2. right snapping side kick Uke's ribs
3. pivot clockwise to plant right foot back to 6:00 into left neutral bow, left inward hooking heel palm Uke's right elbow, right hand pulls Uke's arm forward
4. pivot counterclockwise with left step to 6:00 into right neutral bow, circle Uke's right arm turning his hand clockwise passing his hand from your right to your left, pull his arm forward
5. right outward whipping backfist Uke's temple, left hand direct holds Uke's right wrist
6. right step to 12:00 into right neutral bow, right direct grab Uke's left lapel
7. pivot counterclockwise with left step to 12:00 between Uke's feet into squatting stance facing 6:00, while holding Uke's left lapel rotate right arm to lift your elbow under Uke's right arm pit
7. bend knees to slip under Uke's center of balance then stand up lifting Uke with your hip and pull him forward over your shoulder, Uke will fall forward onto his back (standing shoulder flip)
8. pivot counterclockwise shifting onto your right knee into a left kneeling stance facing 3:00, right arm reaches over Uke's right elbow and grabs your left forearm Uke will be behind you
9. drop down by sitting backwards onto the ground against Uke's chest, left hand pull down on Uke's right wrist, right arm squeeze Uke's elbow to pin Uke to his back (Sit out snaking straight arm lever)

16) REVERSING MACE

Attack – left step through punch

1. left rear cross step to 4:30 into twist stance, right inward brushing parry, left outward vertical hooking parry Uke's left arm (windmill parry)
2. unwind twist stance pivoting counterclockwise into right neutral bow facing 10:30, left hand turns palm down to extended outward

- grab Uke's left wrist, pull Uke forward toward 6:00, right outward hammering backfist Uke's abdomen
3. right downward diagonal wheel kick to back of Uke's left knee buckling his leg forward
 4. right foot touch down then left replacement step, right snapping side kick to back of Uke's right knee to buckle his right leg forward
 5. right plant to 7:30 then left rear cross to 9:00 into twist stance, right outward whipping backfist Uke's right side temple
 6. pivot counterclockwise unwinding twist stance with right step to 12:00 into left neutral bow facing 6:00, left outward hammering backfist Uke's left side temple
 7. pivot counterclockwise into left forward bow facing 6:00, right thrusting cross punch back of Uke's head, left hand chambers
 8. right hand circle counterclockwise lift Uke's chin from behind bending him backwards (chin lift), right thrusting knee to Uke's back
 9. right plant to 12:00 into left neutral bow facing 6:00, left inward downward diagonal hammerfist Uke's nose
 10. left inward downward diagonal roundhouse kick Uke's abdomen
 11. left front cross plant to 3:00 into twist stance, then cover out to 3:00

17) THE WHIP

Attack – right, left punch combination

1. left retreat step to 6:00 into right neutral bow, right inward block Uke's right punch, left chamber
2. push drag advance to 12:00 and pivot clockwise to right forward bow, right extended outward block Uke's left punch, left thrusting vertical cross punch Uke's chin – both blocks deflect Uke's punches with a hammering motion
3. pivot counterclockwise to right neutral bow, right inward thrusting sword hand Uke's neck, left cross cover high
4. both hands slide back to grab Uke's left wrist palm up, both arms circle Uke's left arm clockwise and slip under Uke's left arm with right step to 9:00 and pivot counterclockwise dropping onto

right knee into left kneeling stance facing 6:00

4. twist Uke's left arm clockwise and pull his wrist inward downward diagonally to your right hip, Uke will fall forward onto his back (outward forearm twist)

5. right advance, left retreat step (back to front switch) into right kneeling stance facing 6:00, left arm circle to cross extended outward grab Uke's left wrist, right hand grab Uke's left shoulder, stretch Uke's left arm straight across your right shin

6. pull down on Uke's left arm against your shin, and pull up on his shoulder to lift his shoulders up (straight arm shin lever)

7. pivot counterclockwise into a kneeling position (shizen) facing 12:00, force Uke to turn over onto his front

8. set right knee on top of Uke's left elbow and rest your weight on his elbow to pin Uke on his front, left hand still holding Uke's left wrist (kneeling knee to elbow press)

18) SPINNING DRUM

Attack – left, right punch combination

1. left retreat step to 6:00 into right neutral bow, right inward block Uke's left punch, left hand cover high

2. pivot clockwise to right forward bow, right extended outward block Uke's right punch and grab Uke's right arm, left thrusting vertical cross punch Uke's chin – both blocks intercept Uke's punches with and figure 8 motion

3. pivot counterclockwise to right neutral bow, right inward thrusting sword hand Uke's neck, left hand cross grab Uke's right wrist palm up

4. right hand also grab Uke's right wrist, slip under Uke's right arm pivoting counterclockwise 180 degrees with left spinning outward buckle to Uke's right leg into a right forward bow facing 6:00, Uke's right arm will be twisted inward vertically until his right palm is facing out to 6:00

5. right hand slide up to grab Uke's right elbow, left step to 4:30 and pivot clockwise dropping onto right knee into left kneeling stance facing 7:30, both hands project Uke forward and around you in a clockwise circle – keep Uke's arm twisted tight, Uke will be thrown forward (inward forearm twist)

6. pivot clockwise onto left knee into right kneeling stance facing 12:00, right hold Uke's right arm vertical, left hand press down at Uke's right shoulder to pin Uke to his front (kneeling big reversal press)

19) DEFYING THE ROD

Attack – *pistol hold up, high left side*

1. left extended outward block Uke's right arm redirecting his aim and grab his wrist, right thrusting horizontal spear hand Uke's eyes, right snapping front kick Uke's groin
2. right plant to 12:00 into right neutral bow, right downward vertical sword hand Uke's right forearm
3. right upward flapping elbow Uke's chin
4. right strip Uke's pistol and hook behind Uke's neck with the muzzle or handle, pivot clockwise with right retreat step to 6:00 into left neutral bow, pull Uke forward with big reversal pull
5. right thrusting knee to Uke's sternum
6. left hand lift Uke's right arm, right hand push Uke's right shoulder down to lock Uke's shoulder vertically, plant right foot back to 6:00 into left neutral bow and pull Uke forward on his front (Big reversal Pull)
7. cover Uke with his own pistol, full cover out to 6:00

20) BROKEN ROD

Attack – *pistol hold up, rear, high center*

1. pivot clockwise into right front twist stance facing 6:00, right extended outward block Uke's right arm redirecting his aim and grab his wrist
2. left advance step to 6:00 into left neutral bow, left uppercut hook under Uke's right elbow to hyperextend
3. left hammerfist strike Uke's groin
4. left arm rolls up to set thrusting vertical forearm to Uke's right elbow, pull back with right hand press forward with left forearm to bend Uke forward (arm bar)
5. right hand strip pistol from Uke's hand

6. pivot counterclockwise to left forward bow, right upward vertical hammering strike Uke's chin with his pistol, left hand covers Uke's right arm

7. right advance step to 6:00 behind Uke's right leg into right neutral bow, right inward horizontal hammering strike Uke's left side temple with his pistol, left hand covers low

8. right downward vertical hammering strike Uke's collar with his pistol, right reap Uke's right leg to throw him down backwards (reaping counter balance)

9. cover Uke with his own pistol, full cover out to 9:00

FINGER SET 2

Finger Set 2 has two parts, the first half facing 12:00, then the second half facing 6:00. The first half of this Set consists of five different responses to a right straight punch attack, then repeating with a left straight punch attack. The second half is made up of five right then left front kick attacks.

Opening Salutation

Hands chamber

Cone Snail

1. right retreat step to 4:30 into left back stance, left upward outward whipping backfist elbow, right hand hangs down
2. right advance step to 12:00 into right neutral bow, right upward swinging cone snail strike under chin, left hand chamber
3. pivot clockwise into right forward bow, right thrusting cone snail strike to throat
4. right retreat step back to 6:00 into shizen
5. left retreat step to 7:30 into right back stance, right upward outward whipping backfist elbow, left hand hangs down
6. left advance step to 12:00 into left neutral bow, left upward swinging cone snail strike under chin, right hand chamber
7. pivot counterclockwise into left forward bow, left thrusting cone snail strike to throat
8. left retreat step back to 6:00 into shizen

Inward Sword Hand

1. right retreat step to 4:30 into left back stance, left upward outward whipping backfist elbow, right hand rear chamber high
2. right advance step to 12:00 into right neutral bow, right inward hammering sword hand to temple, left hand cross chamber high
3. left advance step to 10:30 into left forward bow, left outward hammering sword hand to jaw, right hand chamber
4. left then right retreat step back to 6:00 into shizen
5. left retreat step to 7:30 into right back stance, right upward outward whipping backfist elbow, left hand rear chamber high

6. left advance step to 12:00 into left neutral bow, left inward hammering sword hand to temple, right hand cross chamber high
7. right advance step to 1:30 into right forward bow, right outward hammering sword hand to jaw, left hand chamber
8. right then left retreat step back to 6:00 into shizen

Outward Sword Hand

1. right retreat step to 4:30 into left back stance, left upward outward whipping backfist elbow, right hand cross chamber high
2. pivot counterclockwise to left forward bow, right cross inward hammering sword hand arm
3. right advance step to 12:00 into right neutral bow, right outward hammering sword hand to neck, left hand cross chamber high
4. pivot clockwise into right forward bow, left cross outward hammering sword hand to neck, right hand chambers high
5. pivot counterclockwise into right neutral bow, right inward hammering sword hand to temple, left hand chamber
6. right retreat step back to 6:00 into shizen
7. left retreat step to 7:30 into right back stance, right upward outward whipping backfist elbow, left hand cross chamber high
8. pivot clockwise to right forward bow, left cross inward hammering sword hand arm
9. left advance step to 12:00 into left neutral bow, left outward hammering sword hand to neck, right hand cross chamber high
10. pivot counterclockwise into left forward bow, right cross outward hammering sword hand to neck, left hand chambers high
11. pivot clockwise into left neutral bow, left inward hammering sword hand to temple, right hand chamber
12. left retreat step back to 6:00 into shizen

Thumb Fist

1. right retreat step to 4:30 into left back stance, left downward outward block, right hand chamber
2. right advance step to 12:00 into right neutral bow, right thrusting thumb fist to ribs, left hand hangs down
3. left advance, right retreat step (back to front switch) into left

neutral bow, left inward hooking thumb knuckle to temple, right hand hangs down

4. right advance, left retreat step (back to front switch) into right neutral bow, right inward hooking ear slap, left hand hangs down

5. right retreat step back to 6:00 into shizen

6. left retreat step to 7:30 into right back stance, right downward outward block, left hand chamber

7. left advance step to 12:00 into left neutral bow, left thrusting thumb fist to ribs, right hand hangs down

8. right advance, left retreat step (back to front switch) into right neutral bow, right inward hooking thumb knuckle to temple, left hand hangs down

9. left advance, right retreat step (back to front switch) into left neutral bow, left inward hooking ear slap, right hand hangs down

10. left retreat step back to 6:00 into shizen

Eagle Claw

1. right retreat step to 4:30 into left back stance, left downward outward block, right hand chamber

2. right hand raise vertically and flick fingers open toward eyes (distraction)

3. right hidden front kick abdomen

4. right plant to 12:00 into right neutral bow, right thrusting five finger claw and palm strike to chin, left hand chamber

5. right retreat step back to 6:00 into shizen

6. left retreat step to 7:30 into right back stance, right downward outward block, left hand chamber

7. left hand raise vertically and flick fingers open toward eyes (distraction)

8. left hidden front kick abdomen

9. left plant to 12:00 into left neutral bow, left thrusting five finger claw and palm strike to chin, right hand chamber

10. left retreat step back to 6:00 into shizen, both hands chamber

Left rear cross step to 3:00 then pivot counterclockwise unwinding twist into horse stance facing 6:00

Downward crane hand

1. right retreat step to 10:30 into left back stance, left outward hammerfist leg, right rear chambers high
2. right advance step toward 6:00 to neutral bow, right downward vertical crane hand strike to pectoral
3. pivot clockwise to right forward bow, left cross thrusting palm strike forehead, right inward hooking corkscrew punch back of head
4. right retreat step back to 12:00 into shizen
5. left retreat step to 1:30 into right back stance, right outward hammerfist leg, left rear chambers high
6. left advance step toward 6:00 to neutral bow, left downward vertical crane hand strike to pectoral
7. pivot counterclockwise to left forward bow, right cross thrusting palm strike forehead, left inward hooking corkscrew punch back of head
8. left retreat step back to 12:00 into shizen

Half fist

1. right retreat step to 10:30 into left back stance, left outward hammerfist leg, right chambers
2. pivot counterclockwise to left forward bow, Right cross vertical half fist to leg
3. right advance step to 6:00 into right forward bow, left cross thrusting horizontal half fist to abdomen, right chambers
4. pivot counterclockwise to right neutral bow, right thrusting vertical half fist to chin, left chambers
5. right retreat step back to 12:00 into shizen
6. left retreat step to 1:30 into right back stance, right outward hammerfist leg, left chambers
7. pivot clockwise to right forward bow, left cross vertical half fist to leg
8. left advance step to 6:00 into left forward bow, right cross thrusting horizontal half fist to abdomen, left chambers
9. pivot clockwise to left neutral bow, left thrusting vertical half fist to chin, right chambers
10. left retreat step back to 12:00 into shizen

Jelly fish

1. right retreat step to 10:30, left outward upward diagonal snapping front shin kick to leg
2. left plant to 4:30, right shovel front kick to ankle
3. right plant to 7:30 into right neutral bow, right high inward slap and pain grab neck, left cross inward slap and pain grab under arm
4. both arms circle inward to pain grab pectorals
5. both arms circle outward to pain grab biceps and lift his arms
6. pivot clockwise into right forward bow, both arms circle inward for horizontal butterfly palm strike sternum
7. right retreat step back to 12:00 into shizen
8. left retreat step to 1:30, right outward upward diagonal snapping front shin kick to leg
9. right plant to 7:30, left shovel front kick to ankle
10. left plant to 7:30 into left neutral bow, left high inward slap and pain grab neck, right cross inward slap and pain grab under arm
11. both arms circle inward to pain grab pectorals
12. both arms circle outward to pain grab biceps and lift his arms
13. pivot counterclockwise into left forward bow, both arms circle inward for horizontal butterfly palm strike sternum
14. left retreat step back to 12:00 into shizen

Crab Pinch

1. left retreat step to 1:30, right outward crescent knee to leg to spin attacker
2. left advance step to 6:00 to left neutral bow, left crab pinch to back of neck from behind
3. right step to 9:00 into horse stance, right grab chin from behind
4. pivot counterclockwise with left retreat step to 12:00 into left forward bow facing 12:00, bridle take down
5. right retreat step back to 12:00 into shizen
6. right retreat step to 10:30, left outward crescent knee to leg to spin attacker
7. right advance step to 6:00 to right neutral bow, right crab pinch to back of neck from behind
8. left step to 3:00 into horse stance, left grab chin from behind
9. pivot clockwise with right retreat step to 12:00 into right

forward bow facing 12:00, bridle take down
10. left retreat step back to 12:00 into shizen

Best block

1. duck and pivot clockwise under kick with left sweeping buckle to other leg
2. right front cross step to 7:30 to buckle knee outward, both hands wedge block to cover
3. right then left retreat step back to 12:00 into shizen
4. duck and pivot counterclockwise under kick with right sweeping buckle to other leg
5. left front cross step to 4:30 to buckle knee outward, both hands wedge block to cover
6. left then right retreat step back to 12:00 into shizen

Left rear cross step to 9:00 then pivot counterclockwise unwinding twist into shizen facing 12:00

Closing Salutation

BASSAI DAI

Opening Salutation, Scholar and Warrior

1. pivot clockwise to face 9:00 in left front twist stance, both hands chamber at left side hip
2. leap toward 12:00 landing in right front twist stance (left rear cross), right reinforced vertical outward block
3. pivot counterclockwise with left step to 6:00 into left forward bow facing 6:00, left vertical outward block, right hand chambers
4. right cross vertical outward block, left hand chambers
5. pivot clockwise to right forward bow facing 12:00, left cross hammering inward block, right hand chambers
6. right vertical outward block, left hand chambers

7. pivot clockwise to face 3:00 with right step back to 6:00 into ready position (feet side by side), flex knees and bend forward at the hips with low right outward horizontal hammerfist (knee level)
8. right step to 3:00 into right forward bow, right hammering inward block
9. left cross vertical outward block, right hand chambers

10. pivot counterclockwise with right small step to 12:00 into horse stance facing 12:00, both hands chamber to right side hip
11. left outward hammering horizontal sword hand
12. right thrusting punch, left hand chambers
13. pivot counterclockwise to left forward bow toward 9:00 but continue to face 12:00, right rolling downward vertical backfist
14. pivot clockwise into horse stance facing 12:00, left thrusting punch, right hand chambers
15. pivot clockwise to right forward bow toward 3:00 but continue to face 12:00, left rolling downward vertical backfist

16. right step to 12:00 into right neutral bow, right extended outward sword hand block, left hand chamber at heart, palm up
17. left step to 12:00 into left neutral bow, left extended outward sword hand block, right hand chamber at heart, palm up

18. right step to 12:00 into right neutral bow, right extended outward sword hand block, left hand chamber at heart, palm up
19. right step to 6:00 into left neutral bow, left extended outward sword hand block, right hand chamber at heart, palm up
20. right cross extended outward grab, left hand covers front center
21. both hands pull down into right upward thrusting knee strike toward 12:00
22. right (knee level) thrusting side kick toward 12:00 (kiai)

23. right plant to 12:00 and pivot counterclockwise to face 6:00 into left neutral bow, left extended outward sword hand block, right hand chamber at heart, palm up
24. right step to 6:00 into right neutral bow, right extended outward sword hand block, left hand chamber at heart, palm up
25. right step back to 12:00 into ready position (feet side by side), both hands extended outward sword hand blocks (wedge block) facing 6:00
26. right step to 6:00 into right forward bow facing 6:00, both hands inward horizontal hammerfist strikes
27. right thrusting horizontal punch, left hand chambers

28. pivot counterclockwise into left forward bow facing 12:00, right cross inward sword hand, left hand cross covers high
29. pivot counterclockwise to left cat stance facing 12:00, left outward downward block, right hand rear chambers high
30. pivot counterclockwise with right inward crescent shin block and plant to 12:00 into right side horse stance facing 12:00,
31. right downward block toward 12:00, left hand chambers
32. pivot counterclockwise to face 6:00, left outward whipping backfist then open hand extend outward toward 6:00
33. right step through inward crescent kick toward 6:00 striking your open left hand
34. plant right foot to 6:00 into right neutral bow facing 6:00, right inward horizontal elbow striking your still open left hand

35. right rolling outward hammerfist strike, left cross horizontal check

36. left rolling outward hammerfist strike right cross horizontal check, then right rolling outward hammerfist strike again, left cross horizontal check

37. pivot clockwise to right forward bow facing 6:00, left cross looping overhead punch, right thrusting uppercut (U punch)

38. right foot step back to 12:00 into ready position facing 6:00 (feet side by side), both hands chamber to right side hip

39. left inward crescent kick toward 6:00

40. plant left foot to 6:00 into left forward bow, right cross looping overhead punch, left thrusting uppercut (U punch)

41. left foot step back to 12:00 into ready position facing 6:00 (feet side by side), both hands chamber to left side hip

42. right inward crescent kick toward 6:00

43. plant right foot to 6:00 into right forward bow, left cross looping overhead punch, right thrusting uppercut (U punch)

44. left rear cross step to 9:00 and pivot counterclockwise unwinding twist stance into left forward bow toward 9:00 while facing 12:00, right cross rolling downward vertical backfist toward 12:00, left hand chambers

45. pivot clockwise to right forward bow toward 3:00 but still facing 12:00, left cross rolling downward vertical backfist toward 12:00, right hand chambers

46. right step to 1:30 into right neutral bow, right extended outward sword hand block, left hand chamber at heart, palm up

47. right step to 4:30 into left neutral bow facing 10:30, right extended outward sword hand from last step swings back to 4:30, left hand chamber at heart, palm up

48. right replacement step to 10:30, left step to 10:30 into left neutral bow, left extended outward sword hand block, right hand chamber at heart, palm up (kiai)

49. left step back to 6:00 into ready position facing 12:00 (feet side by side)

Closing Salutation

LONG FORM 6

Opening Formal Wisdom and Action Salutation

from attention stance (standing straight, feet together, head up looking directly forward, both arms at your sides)

1. right front cross step into right twist stance, left hand forward thrusting palm strike to show your empty hand (The Scholar), right hand chambers by your right shoulder showing your closed fist (The Warrior)
2. left hand pulls back to cover the right fist (The Scholar and the Warrior are United)
3. left step forward into left cat stance, both hands press forward showing the weapons (The Scholar and the Warrior Press Forward)
4. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline (The Scholar and the Warrior Journey Back to Back)
5. right foot steps back next to left in ready position as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs (Showing Your Only Weapons – Your Empty Hands)
6. left side step into horse stance with informal scholar and warrior salutation
7. left foot steps back to ready position, both arms circle down and around for push down blocks

GLANCING LANCE

1. right retreat step to 6:00 into left neutral bow, right outward hooking parry and extended outward grab, left inward horizontal hooking heel palm strike
2. right snapping front kick
3. plant right foot to 1:30 into right neutral bow, left hand cross inward smother block, right thrusting two finger poke
4. left leap to 10:30 into crane stance, right downward outward hooking crane hand, left hand covers high
5. right thrusting side kick toward 1:30
6. right foot plant to 1:30 into right neutral bow, right inward horizontal hook heel palm

7. left inward horizontal hooking middle knuckle
8. right inward horizontal elbow and left inward horizontal heel palm sandwich strike

right foot steps back to ready position, both arms circle down and around for push down blocks

GLANCING LANCE (alternate side)

1. left retreat step to 6:00 into right neutral bow, left outward hooking parry and extended outward grab, right inward horizontal hooking heel palm strike
2. left snapping front kick
3. plant left foot to 10:30 into left neutral bow, right hand cross inward smother block, left thrusting two finger poke
4. right leap to 1:30 into crane stance, left downward outward hooking crane hand, right hand covers high
5. left thrusting side kick toward 10:30
6. left foot plant to 10:30 into left neutral bow, left inward horizontal hook heel palm
7. right inward horizontal hooking middle knuckle
8. left inward horizontal elbow and right inward horizontal heel palm sandwich strike

CHINESE FAN

1. pivot clockwise to face 3:00 into right cat stance, right inward parry followed by left cross vertical outward block (windmill block)
2. left extended outward grab, right snapping front kick
3. right plant to 3:00 into right neutral bow facing 3:00, right inward hooking middle knuckle rake

UNFURLING CRANE follow up

4. forward push drag advance toward 3:00, right outward thrusting elbow, left hand cross cover high
5. right rolling downward vertical whipping backfist, left hand cross covers low

6. left foot slide forward into right cat stance, right outward hammerfist
7. right upward vertical obscure elbow followed by right front scoop kick
8. right inward downward sword hand, right snapping side kick

CHINESE FAN (alternate side)

1. right plant to 3:00 and pivot counterclockwise to face 9:00 into left cat stance, left inward parry followed by right cross vertical outward block (windmill block)
2. right extended outward grab, left snapping front kick
3. left plant to 9:00 into left neutral bow facing 9:00, left inward hooking middle knuckle rake

UNFURLING CRANE follow up (alternate side)

4. forward push drag advance toward 9:00, left outward thrusting elbow, right hand cross cover high
5. left rolling downward vertical whipping backfist, right hand cross covers low
6. right foot slide forward into left cat stance, left outward hammerfist
7. left upward vertical obscure elbow followed by left front scoop kick
8. left inward downward sword hand, left snapping side kick

CLIPPING THE STORM

1. left plant to 9:00 and right rear cross step to 7:30 into twist stance facing 1:30, right outward downward sword hand block, left sword hand rear chambers high
2. pivot clockwise unwinding twist stance into left neutral bow facing 1:30, left downward thrusting outward sword hand, right sword hand rear chambers high
3. pivot counterclockwise to left forward bow, right cross downward thrusting inward sword hand, left hand cross checks high
4. pivot clockwise to left neutral bow, left outward hammering sword hand, right hand chambers

5. pivot counterclockwise to left forward bow, right cross thrusting two finger poke, left cross covers low
6. right step to 1:30 into right cat stance, left cross thrusting inverted middle knuckle punch, right hand chambers
7. right advance to 1:30 into right neutral bow, right thrusting palm strike, left cross covers low

CLIPPING THE STORM (alternate side)

1. left rear cross step to 4:30 into twist stance facing 10:30, left outward downward sword hand block, right sword hand rear chambers high
2. pivot counterclockwise unwinding twist stance into right neutral bow facing 10:30, right downward thrusting outward sword hand, left sword hand rear chambers high
3. pivot clockwise to right forward bow, left cross downward thrusting inward sword hand, right hand cross checks high
4. pivot counterclockwise to right neutral bow, right outward hammering sword hand, left hand chambers
5. pivot clockwise to right forward bow, left cross thrusting two finger poke, right cross covers low
6. left step to 10:30 into left cat stance, right cross thrusting inverted middle knuckle punch, left hand chambers
7. left advance to 10:30 into left neutral bow, left thrusting palm strike, right cross covers low

THRUSTING LANCE

1. right step to 6:00 into left cat stance facing 12:00, left inward block, right hand chambers
2. left retreat step to 6:00 into right neutral bow facing 12:00, left downward outward hooking parry, right downward vertical hammering sword hand
3. right retreat step to 6:00 into left neutral bow, both hands inward wristlock
4. left then right snapping front kick
5. right plant to 12:00 into right neutral bow, right upward lifting backfist, left cross covers low

6. right downward vertical hammerfist, then right inward downward hammerfist, then right outward downward hammerfist

THRUSTING LANCE (alternate side)

1. right retreat step to 6:00 into left neutral bow facing 12:00, right downward outward hooking parry, left downward vertical hammering sword hand
2. left retreat step to 6:00 into right neutral bow, both hands inward wristlock
3. right then left snapping front kick
4. left plant to 12:00 into left neutral bow, left upward lifting backfist, right cross covers low
5. left downward vertical hammerfist, then left inward downward hammerfist, then left outward downward hammerfist

RAINING LANCE

1. left step to 9:00 into left neutral bow facing 9:00, right cross outward hooking parry, left inward parry and push down
2. forward push drag toward 9:00 and pivot counterclockwise into left forward bow, right cross inward horizontal elbow strike, left hand covers low
3. pivot clockwise into left neutral bow, left outward inverted tiger jaw strike and grab, right hand cross covers low
4. pivot counterclockwise into left forward bow, right cross inward claw strike, left outward downward claw (butterfly claws)

RAINING LANCE (alternate side)

1. pivot clockwise into right neutral bow facing 3:00, left cross outward hooking parry, right inward parry and push down
2. forward push drag toward 3:00 and pivot clockwise into right forward bow, left cross inward horizontal elbow strike, right hand covers low
3. pivot counterclockwise into right neutral bow, right outward inverted tiger jaw strike and grab, left hand cross covers low
4. pivot clockwise into right forward bow, left cross inward claw strike, right outward downward claw (butterfly claws)

CAPTURING THE STORM

1. left advance step to 12:00 into left forward bow, right over left high cross arm block
2. pivot clockwise to left neutral bow, swing both arms in a clockwise circle inward and downward
3. right advance step to 12:00 into right neutral bow facing 12:00 both arms continue clockwise circle upward and outward
4. pivot counterclockwise with left retreat step to 12:00 into right neutral bow facing 6:00, right downward vertical strike
5. continue right arm clockwise circle inward and downward
6. left front cross step to 6:00 into twist stance, right low outward horizontal strike and circle counterclockwise with looping overhead inward corkscrew strike

CAPTURING THE STORM (alternate side)

1. right advance step to 6:00 into right forward bow, left over right high cross arm block
2. pivot counterclockwise to right neutral bow, swing both arms in a counterclockwise circle inward and downward
3. left advance step to 6:00 into left neutral bow facing 6:00 both arms continue counterclockwise circle upward and outward
4. pivot clockwise with right retreat step to 6:00 into left neutral bow facing 12:00, left downward vertical strike
5. continue left arm counterclockwise circle inward and downward
6. right front cross step to 12:00 into twist stance, left low outward horizontal strike and circle clockwise with looping overhead inward corkscrew strike

CIRCLING THE STORM

1. left advance step to 12:00 into left neutral bow, left inward block, right arm chambers
2. right advance step to 12:00 into right neutral bow facing 12:00, right slicing inward elbow strike, left hand cross covers high
3. pivot counterclockwise into left neutral bow facing 6:00, left outward hammering elbow strike, right hand cross covers high

4. left retreat step to 12:00, right foot raise to right crane stance facing 6:00, right inward horizontal fanning strike, left hand cross checks high
5. right thrusting side kick
6. plant right foot to 6:00 into right neutral bow facing 6:00, right outward hammerfist, left hand cross covers high
7. left advance front cross step to 6:00 into twist stance facing 6:00, left arm circles counterclockwise to inward underhand crane hand strike, right inward looping horizontal club strike

CIRCLING THE STORM (alternate side)

1. right advance step to 6:00 into right neutral bow, right inward block, left arm chambers
2. left advance step to 6:00 into left neutral bow facing 6:00, left slicing inward elbow strike, right hand cross covers high
3. pivot clockwise into right neutral bow facing 12:00, right outward hammering elbow strike, left hand cross covers high
4. right retreat step to 6:00, left foot raise to left crane stance facing 12:00, left inward horizontal fanning strike, right hand cross checks high
5. left thrusting side kick
6. plant left foot to 12:00 into left neutral bow facing 12:00, left outward hammerfist, right hand cross covers high
7. right advance front cross step to 12:00 into twist stance facing 12:00, right arm circles clockwise to inward underhand crane hand strike, left inward looping horizontal club strike

BRUSHING THE STORM

1. left step to 12:00, right foot raise to right crane stance facing 3:00
2. right advancing side step to 3:00 into right inverted neutral bow facing 3:00, left inward brushing parry, right thrusting palm strike
3. left advance step to 3:00 into left forward bow, right cross downward vertical thrusting elbow
4. pivot clockwise with right retreat step to 9:00 into left neutral bow, right direct grab club reverse grip, left thrusting vertical inward block (arm bar) right strip club

5. pivot clockwise with right retreat step to 3:00 into left neutral bow facing 9:00, left hand checks hip, right hand slip club between legs and hook right leg from the inside below the knee with the club in reverse grip, and pull leg backward, up out from under (single leg shoot from behind)

ESCAPE FROM THE STORM follow up

6. left cross grab other end of club over leg setting club triangle choke to ankle

7. right front cross step to 9:00 into twist stance, right change from reverse grip to forward and lower club to release leg, left cross push leg away

8. pivot counterclockwise unwinding twist stance into right neutral bow, right low inward upward vertical club strike

9. pivot counterclockwise into right reverse bow facing 9:00, right low outward upward vertical club strike

10. left front cross step to 9:00 into twist stance, pass club to left hand then left low inward upward vertical club strike

BRUSHING THE STORM (alternate side)

1. right step to 12:00, left foot raise to left crane stance facing 9:00

2. left advancing side step to 9:00 into left inverted neutral bow facing 9:00, right inward brushing parry, left thrusting palm strike

3. right advance step to 9:00 into right forward bow, left cross downward vertical thrusting elbow

4. pivot counterclockwise with left retreat step to 3:00 into right neutral bow, left direct grab club reverse grip, right thrusting vertical inward block (arm bar) left strip club

5. pivot counterclockwise with left retreat step to 9:00 into right neutral bow facing 3:00, right hand checks hip, left hand slip club between legs and hook left leg from the inside below the knee with the club in reverse grip, and pull leg backward, up out from under (single leg shoot from behind)

ESCAPE FROM THE STORM follow up (alternate side)

6. right cross grab other end of club over leg setting club triangle choke to ankle

7. left front cross step to 3:00 into twist stance, left change from reverse grip to forward and lower club to release leg, right cross push leg away
8. pivot clockwise unwinding twist stance into left neutral bow, left low inward upward vertical club strike
9. pivot clockwise into left reverse bow facing 3:00, left low outward upward vertical club strike
10. right front cross step to 3:00 into twist stance, pass club to right hand then right low inward upward vertical club strike

ENTWINED LANCE

1. pivot counterclockwise unwinding twist stance and continue with left front cross step to 12:00 into twist stance facing 12:00, left vertical outward hooking parry and extended outward grab
2. right advance step to 12:00 into right neutral bow, right thrusting palm strike
3. right front cross step to 6:00 into a twist stance
4. right snapping side kick
5. right foot plant to 12:00 into right neutral bow, right outward whipping backfist, left hand extended outward grab

ENTWINED LANCE (alternate side)

1. pivot clockwise into twist stance facing 12:00, right vertical outward hooking parry and extended outward grab
2. left advance step to 12:00 into left neutral bow, left thrusting palm strike
3. left front cross step to 6:00 into a twist stance, left hand cross grab
4. left snapping side kick
5. left foot plant to 12:00 into left neutral bow, left outward whipping backfist, right hand extended outward grab

CAPTURING THE ROD

1. right advance step to 3:00 into right neutral bow facing 3:00, left cross outward hooking parry, right inward grab
2. left cross horizontal thrusting spear hand

3. left hand grab and pivot clockwise with right retreat step to 9:00 into left neutral bow facing 3:00, both arms circle clockwise for inward wrist lock
4. right snapping front kick
5. right plant to 3:00 into right neutral bow facing 3:00, right upward lifting backfist, left hand cross checks high

CAPTURING THE ROD (alternate side)

1. pivot counterclockwise into left neutral bow facing 9:00, right cross outward hooking parry, left inward grab
2. right cross horizontal thrusting spear hand
3. right hand grab and pivot counterclockwise with left retreat step to 3:00 into right neutral bow facing 9:00, both arms circle counterclockwise for inward wrist lock
4. left snapping front kick
5. left plant to 9:00 into left neutral bow facing 9:00, left upward lifting backfist, right hand cross checks high

BROKEN ROD

1. right step to 6:00 and pivot clockwise into twist stance facing 4:30, right extended outward block and grab
2. left advance step to 4:30 into left neutral bow facing 4:30, left uppercut, right hand chambers
3. left outward hammerfist strike
4. left arm rolls up to set thrusting vertical forearm, pull back with right hand press forward with left forearm (arm bar)
5. right hand strip disarm
6. pivot counterclockwise to left forward bow facing 4:30, right cross upward lifting backfist, left cross covers low
7. right advance step to 4:30 into right neutral bow facing 4:30, right inward horizontal hammerfist strike, left hand covers low

BROKEN ROD (alternate side)

1. left step to 9:00 and pivot counterclockwise into twist stance facing 7:30, left extended outward block and grab
2. right advance step to 7:30 into right neutral bow facing 7:30, right uppercut, left hand chambers

3. right outward hammerfist strike
4. right arm rolls up to set thrusting vertical forearm, pull back with left hand press forward with right forearm (arm bar)
5. left hand strip disarm
6. pivot clockwise to right forward bow facing 7:30, left cross upward lifting backfist, right cross covers low
7. left advance step to 7:30 into left neutral bow facing 7:30, left inward horizontal hammerfist strike, right hand covers low

DEFYING THE ROD

1. left rear cross step to 1:30 and pivot counterclockwise to face 1:30 into left neutral bow facing 1:30, left extended outward block and grab, right thrusting horizontal spear hand, right snapping front kick
2. right plant to 1:30 into right neutral bow, right downward vertical sword hand
3. right upward flapping elbow
4. pivot clockwise with right retreat step to 7:30 into left neutral bow, right downward crane hand and chamber
5. right prying disarm and downward vertical hammerfist strike
6. right thrusting knee, right orbiting overhead downward vertical hammerfist strike, left check low

DEFYING THE ROD (alternate side)

1. right plant to 1:30 then right rear cross step to 10:30 and pivot clockwise to face 10:30 into right neutral bow facing 10:30, right extended outward block and grab, left thrusting horizontal spear hand, left snapping front kick
2. left plant to 10:30 into left neutral bow, left downward vertical sword hand
3. left upward flapping elbow
4. pivot counterclockwise with left retreat step to 4:30 into right neutral bow, left downward crane hand and chamber
5. left prying disarm and downward vertical hammerfist strike
6. left thrusting knee, left orbiting overhead downward vertical hammerfist strike, right check low

TWISTED ROD

1. left plant to 1:30 then left rear cross step to 3:00 into twist stance, right vertical outward hooking parry, left hand chambers
2. right then left step to 3:00 into left neutral bow, both hands grab for outward wrist lock
3. right advance step to 3:00 into right neutral bow, both arms circle counterclockwise for outward wrist lock

MANCHURIAN TAKEDOWN follow up

4. pivot counterclockwise into left forward bow facing 9:00, both hands chamber to left hip
5. right forward swinging shin kick, then reverse snapping heel kick
6. right dropping knee into left close kneel facing 9:00, right cross downward hammering strike with pistol handle

TWISTED ROD (alternate side)

1. pivot clockwise with right rear cross step to 9:00, left vertical outward hooking parry, right hand chambers
2. left then right step to 9:00 into right neutral bow, both hands grab for outward wrist lock
3. left advance step to 9:00 into left neutral bow, both arms circle clockwise for outward wrist lock

MANCHURIAN TAKEDOWN follow up (alternate side)

4. pivot clockwise into right forward bow facing 3:00, both hands chamber to right hip
5. left forward swinging shin kick, then reverse snapping heel kick
6. left dropping knee into right close kneel facing 3:00, left cross downward hammering strike with pistol handle

Isolation Blocking Set

1. right vertical outward hooking parry and grab, left inward hooking heel palm
2. right inward hooking crane hand parry and grab, left inward hooking heel palm

3. left vertical outward hooking parry and grab, right inward hooking heel palm
4. left inward hooking crane hand parry and grab, right inward hooking heel palm
5. right inward fanning parry then left extended outward sword hand block
6. right inward horizontal elbow, left inward horizontal hooking heel palm strike
7. left inward fanning parry then right extended outward sword hand block
8. left inward horizontal elbow, right inward horizontal hooking heel palm strike

Closing Formal Wisdom and Action Salutation

1. right front cross step into right twist stance, left hand forward thrusting palm strike to show your empty hand, right hand chambers by your right shoulder showing your closed fist
2. left hand pulls back to cover the right fist
3. left step forward into left cat stance, both hands press forward showing the weapons
4. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline
5. right foot steps back next to left in attention as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs
6. left side step with informal scholar and warrior salutation

1st DAN BLACK BELT TEST: What you need to know

Techniques

Japanese Hands Ura
Japanese hands Omote
Taming the Mace
Chinese Fan
Chopping the Log
Grasping Eagles
The Lion
Twisted Rod
Dominating Circles
The Ram and the Eagle
Breaking the Staves
Entwined Lance
Obscure Wing
Hooking Eagle
Bending the Staff
Reversing Mace
The Whip
Spinning Drum
Defying the Rod
Broken Rod

Set

Finger Set 2

Forms

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Bassai Dai
Gom Gong Kuen
Si Ping Kuen
Bungi
Gungi
Tiger and Crane
Short and Long Form 1
Short and Long Form 2
Short and Long Form 3
Long Form 4
Long Form 5
Long Form 6

All extensions for Yellow, Orange, and Purple Belts

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About the Instructor

Samuel Conner is a 6th degree black belt in Ed Parker's American Kenpo Karate, 4th degree black belt in Al Tracy's Traditional Kenpo Karate, 1st degree black belt in Bujinkan Taijutsu, 1st degree black belt in Tae Kwon Do, and 1st degree black belt in Tang Soo Do.

Mr. Conner has also studied in the Arnis de Mano stick fighting system, Muso Jikiden Eishin Ryu Iaijutsu, and Wing Tsun Kung Fu. Beginning his training at 8 years old, Sam is excited to offer instruction in the Martial Arts to anyone that wishes to get involved.

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Sam is a graduate of the Southern Baptist Theological Seminary. He is a certified instructor through Karate for Christ International. He has made teaching martial arts his life purpose. For more information about our academy visit the web page

www.bluegrassmartialarts.com